

To reduce risk of Choking

- Remove all bones or skins
- Remove pits from fruit
- Limit added sugar, salt & spices
- Supervise children while they are eating
- Insist children eat calmly and sitting down
- Encourage children to chew their food
- Feed infants while sitting up
- Make sure foods are the the right size for the age your're serving



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Foods to Avoid And Choking Hazards for Children




*Information on
choking and
foods to avoid for
children under 3
yrs old.*




Choking Hazards and Food to Avoid by Ages

Under 6 months

Avoid : 

- Solid Foods
- Fruit Juices (Unless Dr. recommended, if so only 100% juice and no more than 4 oz/day)

Under 1 year old

Avoid : 

- Cow's milk
- Fish
- Honey
- Nuts (incl. Peanut Butter)
- Chips, pretzel, crunchy bread sticks
- Raw carrots
- Tossed Salad
- Raw fruit and vegetables – unless modifies into 1/4 inch bite size
- Eggs (unless in baked goods)
- Chunks of meat or stringy meat – unless modified into 1/4 inch bite size



1/4 inch bite size is ..

The width of a pencil eraser



The width of the tip of your pinky



1/2 inch bite size is..

The size of a width of your pointer finger



The size of a dime




1-2 Year Olds

Serve :

- Whole milk



1-3 years old

Avoid : 

- Hot dogs or sausage rolls
- Whole grapes, cherries or grape tomatoes
- Nuts
- Popcorn
- Raw carrot rounds
- Raw fruit and vegetables – unless modifies into 1/2 inch bite size
- Dried fruit (incl. raisins)
- Marshmallows
- Spoonfuls of Peanut Butter
- Chunks of meat or stringy meat – unless modified into 1/4 inch bite size

